

## ABSTRACT OF THE DISCLOSURE

A golf practice and exercise device having a frame with a horizontally projecting arm spaced from a base or from the ground and from which is suspended a member such as a resilient flat strip. The suspended member is positioned with a clubhead impact surface in position for striking by the clubhead of a golf club. The impact surface is sufficiently large that a golfer need not concentrate on striking a small target as is required when swinging at a golf ball. The member is formed to provide substantial resistance to the impact of a golf club to impose muscle strain on the golfer for muscle development, while being limited in resistance to allow the head of the golf club to move the member sufficiently for the golf clubhead to ultimately pass under the member and allow the golfer to complete the follow-through of the golf swing.